

Amendments of the Claims:

A detailed listing of all claims in the application is presented below. This listing of claims will replace all prior versions, and listings, of claims in the application. All claims being currently amended are submitted with markings to indicate the changes that have been made relative to immediate prior version of the claims. The changes in any amended claim are being shown by strikethrough (for deleted matter) or underlined (for added matter).

1. (currently amended) A golf exerciser including a handle that is moved in a simulated golf swing from a back swing region to a hitting region and including an elastically deformable tension system connected to the handle to resist handle movement for exercise purposes, the tension system including

a first length of a tension element having an end connected to the handle;

the first length of tension element extending from the handle to a first pulley arranged at an upper tension region positioned at a level higher than the exerciser's shoulder on a back swing side of the exerciser;

the first length of tension element being reeved over the first pulley ~~arranged~~ to elastically resist movement of the handle downward below the upper tension region;

the tension system including a second length of a tension element having a second connection to the handle and extending between the first pulley at the upper tension region and a second pulley arranged at a lower tension region positioned at a level lower than the hips of the exerciser on the back swing side of the exerciser;

the second length of tension element being reeved over the first and second pulleys ~~arranged~~ to elastically resist movement of the handle laterally away from the upper and lower tension regions and toward the hitting region; and

a combined elastic resistance of the first and second lengths of tension elements of the tension system being greatest when the handle moves into the hitting region.

2. (original) The exerciser of claim 1 wherein at least one of the lengths of tension elements is stretchable elastic cord.

3. (currently amended) The exerciser of claim 2 wherein the second cord length is formed of elastically including a pulley over which the stretchable elastic cord is reeved material arranged as a loop reeved over the first and second pulleys.

4. (original) The exerciser of claim 1 wherein the first length of tension element extends to the handle from the second length of tension element.

5. (previously amended) The exerciser of claim 1 wherein the second connection of the second length of tension element to the handle comprises a low friction element secured to the handle and engaging the second tension element to help the handle move along the length of the second tension element.

6. (previously presented) The exerciser of claim 1 wherein the combined elastic resistance provided by the tension system extends from the handle upward and toward the tension regions as the handle moves into the hitting region.

7. (currently amended) The exerciser of claim 1 ~~including pulleys and~~ wherein the first and second tension elements are cords reeved respectively over the first and second ~~over respective fixed position~~ pulleys arranged at the upper and lower tension regions and over movable position pulleys movement of which is resisted by stretchable elastic cords.

8. (currently amended) A golf swing exerciser comprising:

an exercising handle;

a swing resistance connected to the exercising handle while the handle is moved from a back swing region through a curve to a hitting region;

the swing resistance being elastically stretchable and being connected to the handle by first and second cord lengths;

the first cord length extending from the handle to an upper tension pulley region ~~region~~ arranged at a level above the shoulder of a person exercising and on a back swing side of the person exercising;

the second cord length extending from the handle to the upper tension pulley region ~~region~~ and from the handle to a lower tension pulley region ~~region~~ arranged at a level below the hips of the person exercising and on a back swing side of the person exercising;

the first cord length of the swing resistance being arranged to provide a predominant resistance to movement of the handle downward below the upper tension pulley region;

the second cord length of the swing resistance being arranged to provide a predominant resistance to movement of the handle laterally away from the upper and lower tension pulleys regions toward the hitting region; and

the predominant resistances of the two cord lengths combine to be greatest as the handle reaches the hitting region.

9. (original) The swing exerciser of claim 8 wherein at least one of the cord lengths is elastically stretchable.

10. (previously presented) The swing exerciser of claim 8 wherein the greatest combined resistances of the two cord lengths extend from the handle laterally and upward.

11. (currently amended) The swing exerciser of claim 8 wherein the second cord length is formed of elastically stretchable material arranged as a loop between the upper and lower tension pulleys regions.

12. (currently amended) The swing exerciser of claim 11 wherein ends of the loop are connected to the handle. ~~and low friction elements support the loop at the upper and lower tension regions.~~

13. (previously amended) The swing exerciser of claim 11 including a moveable position pulley and wherein the loop is reeved over a the moveable position pulley movement of which is resisted by an elastically stretchable element.

14. (currently amended) The swing exerciser of claim 8 including movable position pulleys and wherein the first and second cord lengths are reeved over ~~respective fixed position pulleys at the upper and lower tension regions and over the~~ movable position pulleys, movement of which is resisted by elastically stretchable elements.

15. (currently amended) The swing exerciser of claim 14 wherein the cord lengths reeved over the ~~fixed position~~ the upper and lower tension pulleys are elastically stretchable.

16. (previously amended) The swing exerciser of claim 8 including a pulley connecting the second cord length to the handle.

17. (withdrawn)

18. (withdrawn)

19. (withdrawn)

20. (withdrawn)

21. (withdrawn)

22. (withdrawn)

23. (previously presented) A golf swing exerciser having an exercising handle simulating a golf club handle and comprising:

- a. pulleys arranged at upper and lower tension regions disposed on a back swing side of a person exercising so that at least one upper pulley is at a level above the shoulders of the person exercising and at least one lower pulley is at a level below the hips of the person exercising;
- b. a resistance cord having one end connected to the exercising handle and another end secured in a fixed location;
- c. the resistance cord being reeved over an upper tension region pulley to resist downward movement of the handle from a back swing region;
- d. the resistance cord being reeved over a pulley on the exercising handle to extend between an upper tension region pulley and a lower tension region pulley to resist movement of the laterally handle away from the upper and lower tension regions and into a hitting region; and
- e. the resistance cord being reeved over at least one moveable position pulley movement of which is resisted by an elastically deformable element.

24. (previously presented) The exerciser of claim 23 wherein the cord is reeved over a plurality of moveable position pulleys, movement of each of which is resisted by a corresponding plurality of elastically deformable cords.

25. (previously presented) The exerciser of claim 24 wherein the elastically deformable elements are cords are reeved over fixed position pulleys.

26. (previously presented) A golf swing exerciser comprising:

- a. pulleys arranged at upper and lower tension regions disposed on a back swing side of a person exercising so that at least one upper pulley is at a level above the shoulders of the person exercising and at least one lower pulley is at a level below the hips of the person exercising;

- b. a first resistance cord having one end connected to an exercising handle and another end secured in a fixed location;
- c. the first resistance cord being reeved over an upper one of the pulleys to resist downward movement of the handle from a back swing region;
- d. a second resistance cord having both ends connected to the handle and being reeved over an upper one of the pulleys and over a lower one of the pulleys to resist movement of the handle away from the upper and lower tension regions and into a hitting region; and
- e. each of the resistance cords being reeved over at least one moveable position pulley movement of which is resisted by an elastically deformable element.

27. (previously presented) The exerciser of claim 26 wherein the elastically deformable element is a cord is reeved over a fixed position pulley.

28. (previously presented) A method of exercising using the golf exerciser of claim 1 wherein the method includes selecting resistances for the first and second lengths of tension elements so that the elastic resistance of the first tension element is comparatively smaller against downward movement of the handle from the backswing region and the elastic resistance of the second tension element is comparatively larger against lateral movement of the handle into the hitting region.

29. (previously presented) A method of providing the swing resistance for the golf exerciser of claim 8, the method comprising selecting resistances for the first and second cord lengths so that the predominant resistance of the first cord length is comparatively smaller than the predominant resistance of the second cord length.

30. (previously presented) A method of providing resistance for the exercising handle of the golf swing exerciser of claim 23, the method comprising arranging the resistance cord so that the resistance to downward movement of the handle from the backswing region is less than the resistance to movement of the handle laterally away from the upper and lower tension regions and into the hitting region.

31. (previously presented) A method of selecting resistances for the resistance cords of the golf swing exerciser of claim 26, the method comprising selecting a first resistance cord to have a comparatively smaller resistance against downward movement of the handle from the backswing region and selecting a second resistance cord to have a comparatively larger resistance to lateral movement of the handle into the hitting region.